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## Civil Air Patrol/Cape May

### From the Commander



CAPE MAY COUNTY SQUADRON CIVIL AIR PATROL

# SQUADRON

Last month was very busy for the squadron. We had a visit from the Cape May County Prosecutors Office, and the Cape May County Office of Emergency Management Office, to discuss what CAP can offer these organizations. Help was provided by the Wing Director of Operations, LtCol. Olszewski, and the meetings came away with very positive feedback and potential for Local Use Agreements pending soon.

We held our annual Friends and Family Night on 20 February 2009, with many Senior and Cadets receiving awards, which included Air Force Association Award for Outstanding CAP Cadets, the Air Force Sergeants Association Award, the VFW Officers Award, and the VFW NCO Award being presented to our outstanding cadets. Several squadron Certificates were also presented to our Cadets and Seniors for being nominated for Of

the Year Awards from the squadron. Three Wright Brother Awards were also presented, as well as an Earhart Award This was a fun filled night for all.

Coming this month, we will have a General Emergency Services and ICS-100 class coming up on 07 March 2009 at the squadron, a Wing Sarex coming up on 14 March 2009, as well as our annual Wing Conference on 04 April 2009 at Club Dix. Look for announcements coming out on NJCAP in your e-mail.

Please keep plugging away on your ICS Courses that are required for Emergency Services, so you can train and participate in Missions. Also, please continue to watch the Equal Opportunity briefing from National, this is required to be completed prior to 30 April 2009, as directed by the Wing Commander. There is a link on our web  
*(Continued)*

Major Fellows to get up on a flight.

I would like to welcome our newest cadets, Ray Gradwell and Timothy Myland to the squadron. Please make them feel welcomed when you see them, and good luck in your testing and feel free to ask questions if you do not understand anything.

I urge everyone to use our squadron web site to its fullest extent. There is a lot of useful information and links, and it is updated on a regular basis. Our Calendar is updated as I receive information and the links are updated to correspond with our changing requirements, as I update things almost on a daily basis to keep the site current as humanly possible. In case you do not know where to go, here is our site's address:

**<http://capemay.njwg.cap.gov>**

For those newer cadets whom have not received their uniforms yet, please come see me at a meeting so we can check to see if they have been ordered or not, if not, I can do so online for you.

Now that day light savings time is coming upon us, it will be staying lighter longer, so therefore, we can start flying our cadets for their Cadet Orientation Flights. Please contact

**“SEMPER OPTIMUS “**

**Kevin L. Barstow, Captain/CAP**



**HAPPY BIRTHDAY!**

1Lt Ed Wuerker  
SM John Carlson  
C/AB Alexander Hudson



## Congratulations

C/SrA Brendan Flynn -  
2nd place in 2009 World Air Games  
Poster Contest for NJ

### Upcoming Events:

**7 March**– ES & ICS 100 class

**14 March** - NJ Wing SAREX

**4 April** - NJ Wing Conference

### Welcome New Members

C/AB Ray Gradwell  
C/AB Timothy Myland

### Administration

As a reminder to all members, all forms must be typed. Current forms and regulations are found at:

**[http://members.gocivilairpatrol.com/forms\\_publications\\_regulations/](http://members.gocivilairpatrol.com/forms_publications_regulations/)**

Also, CAPF 5 packages will no longer be kept in the file cabinet. All pilot certification materials are available on the Operations page of the NJ Wing website:

**<http://www.njwg.cap.gov/Operations/index.html>**

### Personnel

It is each member's responsibility to keep track of what is required for promotion. This includes senior members. Cadet requirements are found in the CMCCS OI 3-07. Senior Officer requirements are found in CAPR 39-3.

**LtCol Richard Simon**

### Cadet Program

Cadets-

Thank you for all of your effort at this year's Family and Friends Night. I would also like to congratulate all of the members who earned awards last year (2008). Now we have a full year to raise the bar so as to surpass our own personal achievements from last year. As spring approaches, I would like those cadets who have not been to Basic Encampment, to think about going as it is one of the best experiences a young cadet can get for a reasonable price. I also would like to see every cadet complete one achievement before June so we can start the summer right.

**Capt Tony Simon**  
**Deputy Commander for Cadets,**  
**NER NJ-009**

### To All Cadet Personnel:

Uniforms issued by USAF are accountable. When personnel leave, squadron uniforms will be turned in. This is a Must! If you have any questions, see Supply.

**Maj Wayne Ingling**  
**2Lt Lisa Barstow**  
**Supply Officers**

### Anniversaries

C/Amn John Edwards

**Awards presented at Family and Friends Night:**

**Cadet Leadership:** C/SSgt Dylan McLain  
**Honor and Pride:** C/SrA Brendan Flynn  
**Most Promising:** C/Amn John Edwards  
**Most Spirited:** C/MSgt Craig Coughlin  
**Most Dedicated:** C/Capt Tristan Kooker  
**Logistician of the Year:** Major John Sammons  
**Public Affairs Officer of the Year:** 1Lt Sandra Kooker  
**Ground Team Member of the Year:** C/MSgt Craig Coughlin  
**Administration Officer of the Year:** LtCol Richard Simon  
**Senior Member of the Year:** SM Nancy Simon  
**Cadet of the Year Phase I:** C/SSgt Dylan McLain  
**Cadet of the Year Phase II:** C/MSgt Craig Coughlin  
**Cadet of the Year Phase III:** C/Capt Tristan Kooker  
**Air Force Association Award for Outstanding CAP Cadet:**  
C/2Lt Michael Quinn  
**Air Force Sergeants Association Award:** C/TSgt Dylan Rutherford  
**VFW Officer Award:** C/Capt Tristan Kooker  
**VFW NCO Award:** C/MSgt Craig Coughlin

**VFW NCO Award:** C/MSgt Craig Coughlin

A week ago, at our squadron's annual Family and Friends' Night, many cadets received several prestigious awards. I would like to congratulate them on all, on the hard work and effort they have put in over the past year. In addition, these awards should serve as a reminder to everyone that if you try hard and put in some hard work, your efforts will not go unrecognized. You do not have to attend every squadron activity or promote six times a year, you only have to try the best you can.

I am also extremely happy to see that there are new cadets coming to the squadron. Not only does this mean that we can plan larger and better squadron activities, but we can also get some fresh ideas and perspectives on how we are doing. In addition, since several cadets, including myself, will be leaving after this summer, our new members will be key to keeping the program active next year.

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**Support Search & Rescue**

**GET LOST !**

Hello again from the Emergency Services corner! The first thing I want to do is congratulate all of the cadets who received awards during our annual Friends and Family night. It goes to show that a little hard work and perseverance goes a long way.

Next thing I would like to talk about is Ground Search and Rescue School. What is Ground Search and Rescue School (Also known as GSAR), you ask? It is where you can learn all you need to be a productive member of a Ground Team. GSAR School this year is going to be held like past schools, it will be held over a couple of weekends this spring. You will be challenged and tested to learn a lot of new skills and have fun time doing so while meeting cadets and senior members from all over the state. I hope most of you who are interested in Emergency Services will attend this year's GSAR; I know you won't be disappointed.

If you have any questions about GSAR, please feel free to ask any of our cadets or senior members who have been to GSAR. Don't ever be afraid to ask a question, it is the only way you can learn. Remember everyone here at CAP is a volunteer so they will be more than happy to assist you.

I also want to point out that GSAR is for cadets *and* senior members. We are in need of senior ground team members. Senior ground team members lead many of the missions. They also perform missions when cadets are unable to participate due to early morning hours on school nights, and school days. It is also a good way for pilots to cross train and become familiar with the way ground teams work. We are very fortunate to have many ground team members cross-trained as Air Crew and we even have a pilot cross-trained. This level of training is beneficial because it enables Air Crews and Ground Teams to understand how the other works, and enables a higher level of understanding during Search and Rescue operations.

Keep an eye out for the times and place of this years GSAR training. The schedule and logistics are being ironed out and the announcement will be coming soon. The times will be posted on the Squadron web based calendar and an announcement will be posted via NJCAP. Hope to see you at GSAR!

**2Lt Evan Kooker**  
**Emergency Services Officer, NER NJ-009**

## Public Affairs

I want to say thank you to all the members, families, and friends who came to our annual Family and Friends Night recently. It was nice to see so many attend. I am sorry everyone couldn't be there, but we'll have another one next year, so mark you calendars! Thank you for all the wonderful food and the drinks that were brought! Everything was great!

A big welcome to our two new cadets— Cadet Gradwell and Cadet Myland! It's nice to see new faces and new ideas! The best advice I can give to new cadets and their families is get involved as much as you can. There is a lot of information, and many things to remember, so use the squadron website as well as the NJ Wing and National site as resources to find out all that CAP has to offer. And parents, as well as cadets, if you are ever unsure about something, please ask! I remember what it was like when my son was a new cadet, it could be very confusing sometimes! We are all here to help.

Summertime brings a lot of opportunities for cadets— but the first stepping stone for many of them is Cadet Basic Encampment held every summer at Ft Dix and McGuire AFB. I encourage all cadets to go this summer if they have not done so already— it's a wonderful learning experience and it opens doors to the many national activities (and some local) that CAP offers cadets. Many of our cadets have attend Basic Encampment and national activities— feel free to ask them about their experiences. CAP is what you make of it, so get out there and enjoy it!

**1Lt Sandra Kooker, PAO** [ejsltb@comcast.net](mailto:ejsltb@comcast.net)

## From the Pilots

Members make a difference in our organization...recent events have shown me reasons I like being associated with CAP, for example: the regional airplane crash in Buffalo, NY. A lot of speculation was circulating about the crash. The members in the aircrew didn't waste any time gathering this information, summarizing, and giving input as to some course of action. I received emails from aircrews higher up that offered information about tail icing, this was given as video and text. After reviewing this information I learned numerous things such as what signs to look for and what action to inject to avoid being a statistic. I called some of my fellow members to discuss or inform them about this information.

Our meeting last week was another good one. Father Barrett is our Moral Leadership/Character Development Officer and also a CAP PILOT (a well trained pilot). He got checked out in a Sky Arrow by Capt Thomas Callahan and video taped his experience. Father Barrett put together a program interlacing moral leadership with flying on this video of his flight in the Sky Arrow. This correlation was your obligation to always use your check list, not just to protect yourself but the responsibility to the people on the ground. These are some of the good things I get from CAP, how about you.....

**2Lt Lance Williams, Aircrew, NER NJ-009**

## Health Services

Colds and flu season is now upon us. Upper respiratory infections are more prevalent in the winter for a variety of reasons that include the facts that we are indoors more and thus exposed to more pathogens in a concentrated space while we breathe warm moist re-circulated air, the type of environment that bacteria thrive on. We also tend to be at work and school more and sleep less and thus compromise our immunity. Many of us will lose time from work and school because we will be sick from an infection that is often preventable. Perhaps worse, we will spread our infection to unsuspecting victims. All of this can be avoided to a large extent by observing a few simple rules:

**WASH YOUR HANDS.** Most colds come from touching something or someone that is infected and then touching your mouth or nose. Always wash before you eat, and if you suspect you have touched something you shouldn't, wash twice. Effective hand washing takes at least 30 seconds (about the time it takes to sing happy birthday), and should be done with soap and hot water.

**IF YOU ARE SICK, STAY AWAY.** The best way to stop the spread of infection is for sick people to voluntarily remove themselves from contact with others. If you suspect someone is sick it is not impolite to keep your distance.

**MAINTAIN GOOD IMMUNITY.** Your own immune system is your best line of defense against infection. That means you need plenty of sleep. The less sleep you get the more likely you are to get sick. Eat fresh fruits and vegetables especially those high in vitamin C, cut down on sugar (bacteria love to grow in it) and drink plenty of water.

If everyone followed these simple guidelines we would all experience a less severe winter cold season.

**Major Richard Fellows**  
**Health Services Officer**  
**NER NJ-009**





## From the Cadets

Last month (January) I entered an aviation art contest. You had to make a poster for the 2009 World Air Games (I used watercolors). I entered and got second place for my age group in NJ. Now my painting is going to the national level to be judged. If I get first, second, or third place there, it will go to international level. Wish me luck!

C/ SrA Brendan Flynn



Recently, I was awarded the VFW's NCO Award and I would like to thank the local Veteran's of Foreign Wars Chapter, because I hear a lot about what they contribute to the community. I know someone who will have more opportunities in her lifetime, because now she can say on her resume that she won the regional level of their writing contest. So I just wanted to take a quick moment to recognize the level of participation in the community, especially with high school students, that the VFW maintains.

C/MSgt Craig Coughlin



*Just a few photos from our Family and Friends Night. Congratulations to all our award winners!*

